APPENDIX II.

Surgical methods of Family Planning.

ADVICE TO ALL MARRIED PERSONS.

1. India's population is rapidly growing. The problem of regulating the population is of utmost importance in the context of national planning. The Government of India have, therefore, declared it to be their policy to promote the spread of Family Planning among the people. Regulation of birth is a matter of equal importance to the individual couples also. It is the surest way of protecting health of the wife, promoting the welfare of the children and giving them the best start in life which may be in the means of the parents to provide.

PERMANENT METHODS OF FAMILY PLANNING.

2. This national and family duty can, no doubt, be discharged by the adoption of temporary methods of contraception. But, once you have already had sufficient number of children and are sure you do not want any more or your wife's health cannot afford another pregnancy and child birth, you will do well to adopt the permanent method of Family Planning, viz., vasectomy for the husband, or salpingectomy for the wife. Both can then be free from the fear and anxiety of another pregnancy.

WHAT IS VASECTOMY?

3. Vasectomy is the operation of male sterilization. It is a very simple operation by means of which a man is rendered permanently sterile and unable to beget children. The tubes called the Vas Deference conveying the spermatozoa (which are produced literally in millions) from the testes to the seminal vesicles and thereby to the seminal fluid, are excised to the extent of about half inch and ligatured. In other words, a small portion of the tubes is cut out thus preventing the passage of spermatozoa of the male element responsible for fertilizing the female element from reaching the seminal fluid.

HOW LONG WILL ONE HAVE TO STAY IN HOSPITAL?

4. The operation is performed under local anæsthesia, i.e., a small amount of Novocaine solution is injected into the skin which renders the part insensitive to pain. The patient remains fully conscious, and the operation is performed within 15 to 20 minutes. Confinement to bed is not necessary even for a single day. The individual may return to work after a week's rest at home. But shortly after operation he should not lift heavy weight or drive a car.

WHAT IS THE PHYSICAL EFFECT OF THE OPERATION?

5. Vasectomy should not be mistaken for castration where the testes (or the ovaries in the female) are removed. Vasectomy does not unsex the individual for, it does not involve the removal of any

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of the sex glands. It does not diminish sexual desire or enjoyment. It does not impair potency or staying power. It does not produce harmonal imbalance. Only the seminal fluid is rendered free from sperms, one of which, out of the millions produced every time, is enough to fertilise the ovum.

IS IT A NEW EXPERIMENT?

6. Vasectomy is no new idea. It is being done in several countries. In all the States in the United State of America, and particularly in the State of California and North Carolina, Vasectomy is performed. Careful records have been kept and research undertaken on the after-effects of this operation. The considerable evidence that is available on this question demonstrates convincingly that there are no deleterious effects as a result of this operation on the male. On the contrary, due to the absence of fear and other psychological reasons, the health of those men who have undergone Vasectomy has, in many cases, actually improved.

7. The operation is quite common in our own State. As few months ago, the Director of Medical Services, Madras, arranged for an enquiry to be done in two centres among the persons known to have undergone the operation. This Officer contacted 82 such persons in the City of Madurai and 10 in Madras City. Almost all of them were of the view that the operation has been beneficial and that they would recommend it to their friends. Similar views have been expressed in a large number of letters received from the readers of the Family-Planning Manual published by the Family-Planning Board.

WHAT IS SALPINGECTOMY?

8. Salpingectomy in the female is similar to that of Vasectomy in the male. It prevents *permanently* the ovum or egg from passing into the uterus. It renders the woman permanently sterile and unable to have any more children.

HOW LONG WILL ONE HAVE TO STAY IN HOSPITAL?

9. The operation is best performed within two to three days after delivery, when the woman is in hospital. It will be easier to perform the operation at this time, because the uterus and appendages are larger and have not descended into the pelvis and as such the incision will not be a big one. After 46–72 hours, the chances of organisms reaching the uterine cavity are also greater. It may be done under general spinal or local anæsthesia. A small portion of the tubes conveying the eggs from the ovaries into the uterus is ligatured and cut out. It does not entail prolonged hospitalization or rest at home.

WHAT IS THE PHYSICAL EFFECT OF THE OPERATION?

10. It leaves only a small thin scar on the abdomen. The woman may go home within a week of the operation. The ovaries or uterus are not removed. The woman will menstruate normally

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and will be able to lead a normal married life. She will be able to perform all her household duties as before. Her health will improve because the fear of unwanted pregnancy has been removed.

IS IT NECESSARY TO WAIT TILL A CHILD BIRTH TO HAVE THIS OPERATION?

11. It can also be done any time like say other operation, except during pregnancy, either abdominal or through the genetal passage Only, the incision will be longer if it is not done immediately after child birth.

IS IT NECESSARY FOR BOTH THE HUSBAND AND WIFE TO UNDERTAKE THE OPERATION?

12. It is not necessary for both the husband and the wife to adopt these methods. It is enough if either the husband or the wife does it.

WHAT SHOULD ONE DO TO HAVE THIS OPERATION PERFORMED?

13. Family-Planning Clinics (for both men and women) are functioning in all the District Headquarters Hospital and in the following hospitals in Madras City :—

(*a*) Government General Hospital, Madras (Men's section);

(*b*) Government Hospital for Women and Children, Madras (Men's and Women's section);

(*c*) Kasturba Gandhi Hospital for Women and Children Madras (Women's section);

(*d*) Raja Sir Ramaswamy Mudaliar's Lying-in Hospital, Madras (Women's section);

(*e*) Government Royapetta Hospital, Madras (Men's section); and

(*f*) Government Stanley Hospital, Madras (Men's section).

You may contact the Medical Officer-in-charge of any of these clinics. In places where there are no Family-Planning Clinics, you may approach the authorized Medical Attendants or the Medical Officer-in-charge of the nearest Government Hospital and he will assist you. If you have any particular doubt or difficulty you may write to the State Family-Planning Officer, office of the Director of Medical Services, Madras-18, who will be glad to give you all help and advice in the matter.

DO YOU HAVE TO PAY FOR THE OPERATION?

14. The operation will be done free of any charge. It is up to you to avail yourself of the free facilities offered and ensure your own, your family's and the country's welfare.